



**Prevention and
protection start here.**

Health Promotion and Wellness

The mission of the Navy and Marine Corps Public Health Center (NMCPHC) Health Promotion and Wellness Department (HPW) is to provide innovative and evidence-based health promotion and wellness programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery and promote lifelong healthy behaviors and lifestyles.

The Health Promotion and Wellness Department of the Navy and Marine Corps Public Health Center is passionate about keeping Sailors and Marines fit for service in seven key areas:

- Healthy Eating
- Active Living
- Tobacco Free Living
- Reproductive and Sexual Health
- Psychological and Emotional Well-being
- Injury and Violence Free Living
- Preventing Drug Abuse and Excessive Alcohol Use



To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.NMCPHC.MED.NAVY.MIL/HEALTHY_LIVING/



YOU SERVE. WE PROTECT.



Health Promotion and Wellness Overview



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Healthy Eating

Just as high-octane fuel is important for Navy jets, healthy eating is crucial for fueling the human body. We understand the barriers to eating healthy. NMCPHC has the educational resources and materials you need to help you select nutrient dense, healthy food for optimal performance.



Active Living

Exercise helps you look good and feel good. When you're in shape, you perform better on and off the job. As a Navy resource for physical fitness, we know how to get you moving and we know how to keep you fit. Whether you want to start a new exercise routine, refresh your workout or train like a professional athlete, NMCPHC can help you identify the exercise regimen to help you meet your fitness goals.



Tobacco Free Living

Tobacco is a dangerous addiction that's expensive, deadly and has a serious impact upon readiness. To help you win the battle, NMCPHC offers you effective resources to end tobacco use and learn about the harmful effects of secondhand smoke.



Reproductive and Sexual Health

Sex can be a wonderful thing. But if you engage in risky sexual behavior, you can experience unintended consequences, pain and suffering, embarrassment and lifelong health and financial issues. NMCPHC offers you practical tips, educational materials and prevention strategies that can help you, your partner and your family remain sexually and reproductively healthy.



Psychological and Emotional Well-being

It's critical for Sailors and Marines to be psychologically strong. NMCPHC has the educational resources to help you strengthen your resilience so you can perform at your best.



Injury and Violence Free Living

Injuries create more of an ongoing threat to the health and readiness of our U.S. Armed Forces than any other medical condition. NMCPHC offers you practical tools, educational resources and evidence-based prevention strategies that help keep you physically and emotionally injury free.



Preventing Drug Abuse and Excessive Alcohol Use

NMCPHC has the educational materials and resources to help you understand the negative effects of binge drinking, misuse or abuse of over-the-counter and prescription medications and the dangers of unregulated nutritional supplements so that you can overcome alcohol and drug abuse and live a healthy life.



Wounded, Ill and Injured

NMCPHC works to enhance the readiness, resilience and recovery of Wounded, Ill and Injured Sailors and Marines by offering tailored informational tools and materials for healthy living.



Navy Reserve

Sailors in the Navy Reserve are essential to the Total Force. NMCPHC offers healthy living resources to reservists to help support readiness and overall health.

